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**Texas Department of State
Health Services**

Transition to Adulthood Learning Collaborative (TALC)

FY19 Quarter 4 Meeting

August 21, 2019



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Housekeeping

- All lines are in listen only mode
 - To speak, click the raise hand icon and the organizer will unmute your line
- If your computer does not have a mic, please use the phone for audio (phone is preferred)
 - Dial audio pin to enable audio
- Use the Question box to:
 - Communicate with us
 - Ask the speaker a question
 - Get help with technical difficulties
- Today's call will be recorded
- Agenda and PDF of slides are available in the Handouts section

Agenda

- Welcome
- Presentation, *Individuals Transitioning from STAR Kids to an Adult Program*
- MCH Transition Project Updates
- CSHCN Systems Development Group Updates
- Upcoming Events & TALC Member Updates
- News & Additional Resources
- Next Meeting Date & Adjourn

Presentation, Individuals Transitioning from STAR Kids to an Adult Program

Allison Moss, Manager, High Needs/Quality Assurance Unit
Texas Health and Human Services Commission – Office of the Medical Director



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Individuals Transitioning from STAR Kids to An Adult Program

Allison Moss

HHSC Utilization Review

Overview

- Transition Process for Individuals Receiving Private Duty Nursing and transitioning from STAR Kids to STAR+PLUS.
 - Individuals enrolled in the Medically Dependent Children Program (MDCP)
 - Non-Waiver Individuals
- Individuals enrolled in an Intellectual and Development Disability (IDD) waiver will transition from STAR Kids to STAR+PLUS for acute care services



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What Does “Transition“ Mean?

- STAR Kids eligibility will terminate the last day of the month in which their 21st birthday occurs, and these individuals will need to receive services through programs serving adults
- Services that end at age 21:
 - Medically Dependent Children Program (MDCP)
 - Private Duty Nursing (PDN)



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What Changes at “Transition” ?

- Enrollment into the STAR+PLUS Program
- Individuals are no longer eligible to receive children’s services
- Potential for significant changes to family life due to loss of these services
- STAR+PLUS Home and Community Based Services program becomes an option
- Intellectual and Developmental Disability (IDD) waivers may not be able to meet the individual’s health and safety under the waiver cost limit



STAR+PLUS Program

- STAR+PLUS integrates the delivery of acute care plus LTSS for adult individuals with a disability or who are 65 and older who qualify for Medicaid.
- Main feature is service coordination, a specialized care management service available to all members
- STAR+PLUS operates statewide as of September 1, 2014, under the authority of the 1115 Transformation Waiver
- Services are delivered through MCOs under contract with HHSC



STAR+PLUS Populations

Mandatory participants include:

- Adults with a disability who qualify for Medicaid because of low income
- Recipients of Medicaid for Breast and Cervical Cancer
- Adults who qualify for Medicaid because they receive STAR+PLUS Home and Community-Based Services (HCBS)
- Non-dual eligible adults receiving services through one of the four IDD waiver programs must enroll in STAR+PLUS for acute care only services



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STAR+PLUS Benefits

- Traditional Medicaid benefits
- PCP
- Unlimited prescriptions
- Value-added services
- Long-term services and supports
- Service coordination



STAR+PLUS LTSS

Community-based and institutional LTSS available include:

- Personal assistance services
- Day activity and health services (DAHS)
- Nursing facility services
 - Became available March 1, 2015
- Community First Choice
 - Became available June 1, 2015

HCBS available to adults who meet income, resource, and medical necessity requirements for nursing facility level of care, include:

- Services unavailable under the State Plan, as a cost-effective alternative to living in a nursing facility



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STAR+PLUS HCBS Service Array

- Adaptive aids
- Assisted living
- Adult foster care
- Cognitive rehabilitation therapy
- Dental
- Emergency response
- Financial management services
- Home delivered meals
- Nursing services
- Medical supplies
- Minor home modifications
- Personal assistance services
- Respite care
- Therapies
- Supported employment and employment assistance
- Transition assistance services



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STAR Kids MCO Responsibilities

- MCO is responsible for conducting ongoing transition planning starting when the Member turns 15 years old
- MCO must provide transition planning services as a team approach through the named Service Coordinator, if applicable, and with a Transition Specialist
- STAR Kids Transition Specialists help prepare the Member for a successful transition out of STAR Kids



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HHSC Responsibilities

- HHSC tracks all individuals turning 21 within the next 12-months and receiving MDCP and /or PDN services.
- HHSC monitors to ensure:
 - Individual receives needed services
 - A smooth transition occurs when transferring from children services to adult services
- Coordinates enrollment process with the MCO and individual



Transition Process at 12 Months

The STAR Kids MCOs schedule a face-to-face visit with the member and the member's support person including the authorized representative (AR), if applicable

- During the face-to-face visit the MCO presents an overview of STAR+PLUS, including the STAR+PLUS HCBS program, and the changes that will take place when the member transitions to STAR+PLUS
- Appendix VI, STAR Kids Transition Activities



Transition Process at Nine Months

HHSC Program Support Unit (PSU) sends members not enrolled in an IDD waiver the following information:

- Nine-Month Transition Letter
- STAR+PLUS enrollment packet



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Transition Process

30-Day Follow-up

PSU staff contacts member or the member's available supports, including member's AR to explain the following:

- STAR Kids eligibility termination
- STAR+PLUS Program benefits
- STAR+PLUS MCO Selection
- STAR+PLUS HCBS Assessment Process
- STAR+PLUS HCBS Individual Service Plan
- STAR+PLUS Enrollment



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Transition Process at Six Months

If no STAR+PLUS MCO has been selected, PSU will contact the member or AR to discuss the following:

- STAR+PLUS enrollment packet
- 30-day time frame to choose an MCO
- HHSC will assign an MCO for the member if choice is not made
- Member can change MCOs any time after the first month of enrollment



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Transition Process at Five Months

- PSU will assign STAR+PLUS MCO if one has not been selected
- PSU will send notification to STAR+PLUS MCO of selection
- STAR+PLUS MCO will contact the STAR Kids member to schedule the initial home visit



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STAR+PLUS HCBS Assessment Process

- MCO must complete the assessment activities, including service planning documents within 45-days of receiving PSU notification of assessment request
 - Medical Necessity Level of Care MN/LOC Assessment and the Individual Service Plan is an eligibility requirement for the STAR+PLUS HCBS program
- STAR+PLUS enrollment is effective the 1st day of the month following the individuals 21st birthday



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STAR Kids Members Enrolled in IDD Waivers

Members enrolled in STAR Kids may be receiving services through one of the following IDD 1915(c) waivers:

- Community Living Assistance and Support Services (CLASS)
- Deaf Blind with Multiple Disabilities (DBMD)
- Home and Community-based Services (HCS) and
- Texas Home Living (TxHmL)



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IDD Waiver Transition Process

Utilization Review Nurse conducts the following activities:

- Sends initial transition letter to guardian and provider 12 months prior to 21st birthday
- Sends a second letter 9 months prior to the Members 21st birthday to remind the guardian and provider of upcoming changes
- Contacts case management agency or HCS provider to discuss transition activities 7 months prior to 21st birthday



IDD Waiver Transition Process (cont.)

- For individuals receiving 50 hours or more PDN, UR Nurse will contact the guardian 6 months prior to 21st birthday to discuss a possible STAR+PLUS HCBS Assessment
- If an assessment is requested, PSU will contact the guardian to initiate the HCBS assessment within the timeframes detailed in previous slides.



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IDD Waiver Transition Process (cont.)

- Individuals with nursing needs may get more nursing hours with the STAR+PLUS HCBS program due to the higher cost
- Individual can choose to enroll into the STAR+PLUS HCBS program or remain in their current IDD waiver



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Questions



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Contact Information

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MCH Transition Project Updates

T3, Provider Tool, Texas A&M

TexasYouth2Adult, Family Tool, Easter Seals of Greater Houston, Bridging Apps

Transition to Adult Health Care Curriculum, Stephen Hicks School of Social Work/UT



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MCH Transition Projects

Contact Information

T3 Provider Tool

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TexasYouth2Adult Family Tool

Amy Fuchs
Bridging Apps/Easter Seals of Greater Houston
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Health Care Transition Curriculum Project

Kendra D. Koch, PhD
UT School of Social Work
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CSHCN Systems Development Group Updates



CSHCN System Development Group

Please help us get the word out!

Maternal and Child Health Five-Year Needs Assessment

[Capacity Survey](#)

CSHCN System Development Group

Recent Outreach & Other Activities

- Texas Primary Care Consortium Annual Summit
- Texas Parent to Parent Annual Conference
- United Health Care/STAR Kids Transition Specialists, presentation on health care transition
- Leander Independent School District, presentation on health care transition
- TAVAC (Texas Association of Vocational Adjustment Coordinators) Conference, exhibited
- Annual Title V Block Grant Review

Upcoming Events & TALC Member Updates



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Upcoming Events

- Person-Centered Thinking Training hosted by Arc Greater Mid Cities
 - September 16-17 in Dallas
- Texas Pediatric Society 2019 Annual Meeting
 - September 19-22 in Plano
- Healthier Texas Summit
 - October 17-19 in Austin
- 20th Annual Chronic Illness and Disability Conference: Transition from Pediatric to Adult-Based Care
 - October 24-25 in Houston
- 19th Annual Partners in Prevention Conference
 - November 5-7 in Austin
 - Registration opens soon!

TALC Member Updates

Your turn!

What's happening or coming up?

News & Resources



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Story Booth: Opportunity for Young Adults Share Their Health Care Story

Family Voices is working with the University of Pittsburgh to help promote the StoryBooth project.

This is a research project designed to collect stories from patients and families about their experiences with health care. The hope is that by listening to the stories of people they can improve health care for others.

They would like to include some stories from youth directly (must be at least 18 y/o to participate).

Stories are collected through phone interviews and then will be added to the StoryBooth [website](#).

[General audience](#)

[Youth audience](#)

Employment First Training

Learn about employment services available through the HHSC 1915 (c) Medicaid waivers at upcoming family and advocate training sessions.

Goals of our one-day sessions are:

- Increase knowledge on competitive and integrated employment
- Provide basic knowledge on Social Security benefits
- Support employment goals for individuals with disabilities

**The FREE trainings will be held at various locations across the state,
August – December 2019**

For more information and to register, visit [Employment First Training](#)

Scholarship Opportunity

- **Frederick J. Krause Scholarship on Health and Disability**
 - Funded by the American Association on Health and Disability
 - Provides financial assistance to students (sophomore year or higher as of the Fall, 2019) with disabilities who are pursuing university studies related to health and disability
 - Deadline is November 15, 2019

Parent Input Needed!

Texas Workforce Commission and the University of Texas Austin are collaborating to design a mobile parent tool for parents of students with and without disabilities.

The survey will be used to gather information about gaps that exist in available information and challenges parents have in accessing information.

Questions primarily pertain to how technology and existing resources are currently used to plan for life after high school.

The survey has already been conducted once. This second round is to target parents who were not represented in the first data sample, especially those who have children with disabilities.

To take the survey, <https://survey.cmix.com/48B712DB/810072EE/en-US>

If you have questions about the survey, please contact Zenaida Olivas zenaida.olivas@twc.state.tx.us or Erin Wilder erin.wilder@twc.state.tx.us.

Inclusive College Experience

Aggie ACHIEVE (Academic Courses in Higher Inclusive Education and Vocational Experiences)

- A four-year inclusive post-secondary opportunity for young adults with intellectual and developmental disabilities (IDD) who have exited high school.
- Provides an **inclusive and immersive** college education and equips students for employment in the community.
- Aligns coursework, internship opportunities, and extracurricular activities with each student's academic interests and employment goals.
- Students reside in Texas A&M residence halls and have access to all campus-related activities.

Applications will be posted on the website on October 1st

Deadline is December 1st by 11:59 PM (CST)

Center for Disease Control and Prevention

- Public Health Grand Rounds Encore Presentation
[Adolescence: Preparing for Lifelong Health and Wellness](#)
- Explores adolescent health and specifically, how families, community organizations, schools, and government agencies can work together to encourage adolescents to avoid risk and adopt health-promoting behaviors

September is Sickle Cell Awareness Month

The Texas Legislature designated September as Sickle Cell Awareness Month to focus attention on sickle cell disease, an inherited condition that affects nearly 100,000 Americans.

SCD affects not only African Americans, but Hispanics and people of Mediterranean backgrounds as well.

According to the CDC, more than 95% of newborns with SCD in the United States will live to be adults.

- Learn more about sickle cell disease diagnosis and treatment on the [DSHS website](#).
- The article, [Improving Transitions in Care Saves Lives](#), addresses life-changing, life-saving strategies for helping young adults with sickle cell disease transition to adult care.
- The article, [Supporting Self-Management in Children and Adolescents With Complex Chronic Conditions](#), describes a patient with sickle cell and effective approaches in promoting health care self-management.

New Resources

Association of Maternal and Child Health Programs (AMCHP),
[*Strategic Plan 2019 - 21, A Bridge to Action*](#)

Transitioning from Pediatric to Adult Health Care, Got Transition and AMCHP,
[*Implementation Toolkit*](#)

Office of Disability Employment Policy, Administration for Community Living, and
Centers for Medicare and Medicaid Services,
[*Medicaid “Buy-in” Frequently Asked Questions*](#)

New Resources



Teen Health Services and One-On-One Time with A Healthcare Provider

— An Infobrief for Parents —

The teen years are an important time of growth and development. Teens need regular medical care to ensure they receive recommended health services that help keep them safe and healthy. Having a healthcare provider (e.g., a doctor or nurse practitioner) they trust and can talk to is important, particularly when it comes to topics such as mental and sexual health, substance use, and safety from bullying. Parents can help create that trusting relationship by allowing their teen one-on-one time with their healthcare provider.

Why is one-on-one time with a healthcare provider important?

As adolescents develop and take greater responsibility for their lives, it makes sense for them to be more engaged in their own health care. Current guidelines from the American Academy of Pediatrics (AAP) recommend that providers begin having one-on-one time, commonly referred to as “time alone,” with young people as early as age 11.¹

Providers who spend one-on-one time with teens early on help establish this practice as a routine part of care, and provide teens with regular opportunities to raise any concerns in an open manner.² Ensuring teens have a chance to discuss sensitive issues, such as relationship concerns or depression, can increase their satisfaction with medical care and receipt of preventive health services.^{3,4} A recent report from AAP encourages providers to have one-on-one time with teens in order to provide accurate and comprehensive sex education, including personalized information on risks and prevention strategies.⁵

Do teens get one-on-one time with healthcare providers?

Research suggests that not enough teens get one-on-one with their providers. One study found that only 38% of teens 15-17 years old had one-on-one time with a provider during a clinic visit in the prior year.⁶ Another study found that out of 144 medical visits attended by a parent, just 68% involved time alone between the provider and teen.⁷



https://www.cdc.gov/healthyyouth/healthservices/pdf/OneonOnetime_FactSheet.pdf

New Resources

ABLE National Resource Center

[ABLE Account, Special Needs Trust and Pooled Trust Comparison Chart](#)

The fact sheet provides basic information on three options for establishing protected savings accounts: ABLE, Pooled Trust and Special Needs Trust (first and third party). The chart contains a comparison tool to help determine which option(s) best meet the needs of an individual.

Upcoming Webinar - August 22nd, [ABLE Best Practices for Working-Age Adults](#)

For all upcoming and past webinars, visit the [ABLE National Resource Center](#)

New Resources

The Arc's new tool, [A Letter for My Doctors](#), helps people with disabilities describe how and when they want help making health care decisions.

The letter can be used to explain:

- How the person acts when he/she is upset, worried, or confused
- What a health care provider can do if the person is upset, worried, or confused
- When the person wants help making health care decisions and when they don't
- Who (if anyone) the person wants to help them make health care decisions

New Resources – Home Grown in Texas

Texas Health Steps, Online Provider Education,

[Childhood and Adolescent Depression](#)

And,

[Childhood Anxiety Disorders](#)

Health and Human Services Commission,

[Explanation of Services and Supports- Intellectual and Developmental Disabilities](#), June 2019

Navigate Life Texas, *With a Little Help From My Friends: Transitioning to Adult Life*

See the story of Brandon—a young man with a disability, a supportive home filled with friends, a band, and a great job. Brandon also happens to be a big fan of The Beatles—maybe their biggest fan of all time. [Watch the video](#)

Back to School Resources

PACER Center, Back-to-School Apps for Transition-Age Youth

Many free and low-cost mobile apps are available to support transition-age youth with disabilities as they embark on their academic journey. Explore possibilities using PACER's [Mobile Apps to Support Transition-Age Youth](#) and Understood.org's [8 Apps to Help Kids Manage Back-to-School Challenges](#).

PACER Center, Paving the Way- Ideas to Help Start the School Year Strong, [Parenting Tips for Supporting Success in High School and Beyond](#)

Americans with Disabilities Act, [ADA Q&A: Back to School](#)

Resources to Support Students with ADHD and LD

- [ADDitude](#)
 - [Back to School Webinar Series](#)

Upcoming Meetings

- **Medical Home Learning Collaborative**
 - October 16th, 10 – 11:30 am CT
- **Transition to Adulthood Learning Collaborative**
 - November 13th, 12 pm – 1:30 pm CT

Thank You!

Please take the post-call survey. We value your feedback!

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